

Dental Focus

Holistic Dentistry for Total Health



Each one of us can enjoy peace in every moment if we take the time to simplify our lives.

It may seem challenging in today's environment to keep life simple. We are living in a time where we are working longer hours, we are distracted by technology and spending less time making real connections. It is easy to focus on material things and to dwell on what we have accomplished rather than focusing on experiences that make us truly happy including relationships, creativity, and more.

While some people may have more subtle symptoms of imbalance, there are others whose bodies are screaming to help them find balance. Our bodies send us messages in different ways which include headaches, back aches, and stomach problems. It is time to listen to our bodies and simplify our lives. In order to keep life simple it is important to focus on our inner life. So, how is this possible? There are many ways to simplify your life so you can slow down, relax and enjoy your day-to-day experiences.

One very important way to begin simplifying your life is by setting intentions. Get clear on what you want. Make sure to set goals, prioritize them, and keep them in mind when you are deciding how to spend your time. Do you want to spend more time with family and friends? Do you need time to yourself? Make sure to decide what is most important to you.

Another way to simplify your life is by being present. Being present means to be in the moment. How can you be present? One way to be present is to stop and pay attention to your breath. If your mind wanders, just bring your attention back to your breath. Another way to be present is to practice mindfulness which means to practice awareness in all your actions. Keep your mind focused on whatever activity it is you are doing.

When you slow down and take the time to enjoy every moment, wonderful changes begin to happen. Not only will you begin to feel more peaceful, but you will notice that the people around you are more calm. Start simplifying your life today and begin to experience the true joy of life.



FROM OUR KITCHEN TO YOURS



Cantaloupe Cream Smoothie

- 2 cups cantaloupe
- 1/2 banana
- 1/4 cup raw organic cashews
- 1 Tbsp coconut butter
- 1/4 cup fresh lemon juice

Blend and enjoy!



How to Stay Fit for Life

Cantaloupe Fact:

Cantaloupes are an excellent source of Vitamin A, a powerful antioxidant that is essential for healthy vision.

Many people find it challenging to stick to an exercise routine and often times will go days, weeks, or even months without exercise. Although they may start off with the best of intentions, they may have difficulty staying motivated. However, exercise should be a priority for everyone. Some of the benefits of exercise include stress reduction, improved sleep, improved mood, increased energy, lower risk of chronic disease, and so much more.

So, what are some of the barriers to commitment and how do we overcome them.

Many people feel that they don't have enough time, they are too out of shape, they are too tired, and the excuses can go on and on. The reality is that you can make time to exercise and it should not feel like a chore. Also, if you feel tired, many times exercise is what you need to give you that extra boost. The key is to figure out what routine works best for you.

How can you get started and really commit to a routine?

To begin, find exercise that you enjoy. Try a yoga class, home workout videos, walking, and determine which activities you like best. You don't have to stick to one kind of exercise. It is actually better for you to change your routine. Set some exercise goals and keep them simple. Decide when and how often you will exercise.

Make sure to review your goals on a regular basis. Exercise must be treated like any other obligation so make sure to put it in your calendar. Develop a plan of accountability which can include telling people what you are doing. Keep a record of your progress and most importantly reward yourself for meeting your goals!



How to Find Motivation

All of us have had times in our lives when we know we need to make positive changes but we just can't find the motivation. Sometimes it can feel nearly impossible to get up and exercise or prepare a healthy meal. What makes us feel this way? Many times it can be because we are overwhelmed. Some days we think we have a great daily routine and then once we get thrown off track, we lose all motivation and can't seem to move forward. Here are 3 ways to get motivated:

1. One Goal at a Time -You probably have many goals, but start with one. Keep it small and simple. Take baby steps
2. Post Your Goal & Read About It Daily - Post it around your house, at work, everywhere. Get excited! Get inspired! Stay focused!
3. Visualize - Imagine what sounds, smells, feelings you will experience once you've reached your goal. Fill all of your senses.

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